

### Daily Reminders/Misc.

- Watch Governor Burgum's update Monday through Friday (unless otherwise noted) at 3:30 pm CST (available on local news or NDDOH social media).
- Previous updates are archived on our website, and can be found here: <https://www.health.nd.gov/epr/emergency-medical-systems/covid-19-ems/>
- *"This too shall pass". "Life isn't about waiting for the storm to pass, it's about learning to dance in the rain". "Keep calm and carry on". "We are all in this together". "Don't worry, be happy". "Always do your best". "Be kind to yourself". Different people have different things that keep them going during times of struggle. Different thoughts that calm them. Personally, I find it interesting that this experience, although seen through many different perspectives, is an experience shared globally. I have two simple words I cling to, not just now, but always: "HOPE" – there IS always hope, and "Breathe" – because sometimes we need to simply remember the basics – take time to breathe. Find something that works for you – something that centers you when you find yourself getting stressed or overwhelmed, because again – we can't take care of others unless we take care of ourselves!*

### New and Current Guidance/Items of Interest

- **\*NEW\*** Free Counseling for First Responders and Their Family—provided via webcam or telephone by Corner Post Counseling, PLLC—please see the attached flyer or visit [Cornerpostcounseling.com](http://Cornerpostcounseling.com).
- **\*NEW\*** Protect Your Sleep Health During COVID-19 Pandemic [video](#).
- **\*NEW\*** NASEMSO compiled official Radio Cleaning Instruction for four different brands (Harris, Kenwood, Motorola, & Tait) go to the link [here](#) and scroll down to find links to each one.
- NDEMSA COVID-19 Townhall, from Thursday April 23<sup>rd</sup> recording available [here](#).
- COVID-19 Resources for Healthcare Staff [here](#).
- Managing Patient and Family Distress Associated with COVID-19 in the Prehospital care setting [here](#).

### Links

- NDDOH Website <https://www.health.nd.gov/>
- CDC Website <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- International Critical Incident Stress Foundation COVID-19 Resources: <https://icisf.org/covid19-resources/>
- ND HAN Website <http://hanassets.nd.gov/>
- EMS.gov Coronavirus/COVID-19 Resources [https://www.ems.gov/projects/coronavirus\\_covid-19\\_resources.html](https://www.ems.gov/projects/coronavirus_covid-19_resources.html)
- COVID-19 Peak Predictions <https://covid19.healthdata.org/projections>

Please call us with your concerns! (701) 328-0707 gets you the Operations Center